

FEATURE MEDICAL REFORMS MOVE
AHEAD SLOWLY **P.2**

MUSIC DRUMS, GUITARS SET MOOD
OF WINDSOR FOREST **P.3**

FOOD TREATS TO CELEBRATE THE
QINGMING FESTIVAL **P.8**

今日北京

BEIJING TODAY

PUBLISHED BI-WEEKLY
ISSUE NO. 773
APRIL 8, 2016
BEIJINGTODAY.COM.CN
3.00元

MYTHS AND FEATHERS

INSPIRED BY FOLKLORE AND ANCIENT TALES, SUN KE HAS
DEVOTED HER ART TO FINDING THE CULTURAL ESSENCE OF
CHINA'S KING OF BIRDS: THE PHOENIX. **P.4**



北京青年报
BEIJING YOUTH DAILY

Beijing Youth Daily Group President: Zhang Yanping
Editor-in-Chief: Yu Haibo ■ Director: Li Xiaobing
Address: Building A, 23 Baijiazhuang Dong Li,
Chaoyang District, Beijing, China 100026



Editor-in-Chief: Jack Wang ■ Content Director: Su Derui ■ Designer: Zhao Yan ■ Phone: (010) 6590 2515 ■ FAX: (010) 6590 2525
ISSN: 2095-9591 ■ 刊号: CN11-0120 ■ 邮发代号: I-364 ■ Overseas Code No: D1545 ■ Subscriptions: (010) 6590 2511
Advertisements: (010) 6590 2515 ■ E-mail: info@beijingtoday.com.cn ■ Online Distribution Agents: Spider.com.cn and Kankan.cn
Published under the auspices of the Office of the Beijing Municipal Government. Run by Beijing Youth Daily Group.

ISSN 2095-9591
00773
9 772095 959006



FEATURE



Photo by CFP

Medical Service Reform Crawls Along Despite Obstacles

BY YANG XIN

Medical service reform has become a perennial topic during the government's Two Sessions, and this year is no exception.

In a government work report released by Premier Li Keqiang, relevant governmental departments are being urged to push forward a medical service classification system in more than 70 percent provinces and cities.

"A medical service classification system would be a significant measure to relieve difficulties that prevent public to access medical services. We see it as a key step in evaluating the development of our ongoing medical service reform," said a spokesperson for the National Health and Family Planning Commission at a press conference held by the National People's Congress.

Classification System

The classification system would be used to decide which hospitals patients should enter according to the extent and urgency of their ailment. On the surface it sounds rational and efficient, but it has been difficult to achieve since the

State Council rolled out a nationwide trial last May.

Hubei was among the provinces urged to adopt the new system.

When the *Hubei Daily* visited Wuhan University People's Hospital in February, all seats were taken in the waiting area of the hospital's respiratory medicine section. Many patients stood or wandered about the halls.

"A classification system to route hospital traffic could easily fail to achieve its original goals of relieving pressure on large hospitals given the country's unequal medical resource distribution," said Ba Yuanming, party committee secretary of Chinese Medicine Hospital in Hubei province.

Many medical practitioners and medical reform specialists shared his concerns.

"The way our medical resources are allocated is not rational. Patients tend to shy away from community hospitals, but the large hospitals are routinely filled to capacity. This phenomenon has turned into a vicious circle," said Wu Ming, a professor from Peking University Health Science Center, at the fourth

session of the 12th China's People's Political Consultative Conference (CPPCC) on March 4.

Because they lack premium medical resources and advanced medical equipment, community healthcare institutions have a hard time winning trust from patients.

"What if, under the new system, community medical institutions refuse to transfer patients they are unable to treat to a higher-level hospital? Isn't this handing them a monopoly?" a patient sur-named Huang told the *Hubei Daily*.

In order to encourage rural patients to prioritize community healthcare centers, some local governments have offered better rates on insurance coverage. But for patients who see recovery as most important, better prices can hardly dissuade them from visiting bigger hospitals.

But the essential drug system, which strictly controls medicine distribution at primary-level medical and healthcare institutions, can pose another obstacle to the promotion of community medical services.

"The implementation of China's essential drug system objectively crippled which services a community medical institution can provide," Tu Mingxuan, the administrator of a community health service station in Wuhan, told *Hubei Daily*.

In 2014, the number of inpatients at large hospitals swelled to more than four times that of community medical institutions. The 2015 Medical and Health Service Development Report found that traffic to the community medical centers continued to slip.

"China has been attempting medical reform for a decade, but those efforts remain blighted. For instance, our drug control efforts have not delivered substantial results. We need to strike a breakthrough in medical reform," said Cheng Ping, director of the Safety and Quality Supervision and Management Department of the Ministry of Transport.

Possible Reforms

Administrative measures have been woefully ineffective at solving the medical industry's many practical problems.

Liu Guoen, a scholar of medical reform, put forward an idea that would thoroughly renovate the current medical service system and encourage doctors to become private practitioners. The community-level medical centers would be removed from China's health landscape.

"If we allocated a group of general practitioners to local communities and make sure their patients had access to medical insurance, then their income would not be less than their counterparts at large hospitals. This could encourage doctors to leave the hospitals and work at the community level," Liu said.

In fact, many developed countries rely on similar, small private clinics to complement their national medical service system.

Zhu Yuanpeng, deputy chief of the Institute of Economics Chinese Academy of Social Sciences, said Americans make 1.2 billion visits to the doctor each year, and that 81 percent are solved at a private practice.

"With more than 1.3 billion people, China's population simply puts too much pressure on its public hospitals. From specialized clinics to general clinics, large hospitals are always overcrowded. But the truth is that only 10 percent of the patients need inpatient services, and the other 90 percent could be seen by any general practitioner," Zhu said.

"Larger hospitals could focus on specialized care and let smaller clinics handle the rest. If we reform the medical service system like this, it will free many general practitioners from the large hospitals and strengthen community-level care," he said.

Zhu's idea is just a proposal – for now.

China's current Physician Act requires that doctors can only practice medicine in one hospital at a time. Even though some local governments have implemented policies to knock these limitations aside, there are still hidden obstacles that keep doctors tied to major hospitals. And those don't appear to be vanishing any time soon. ■

MUSIC

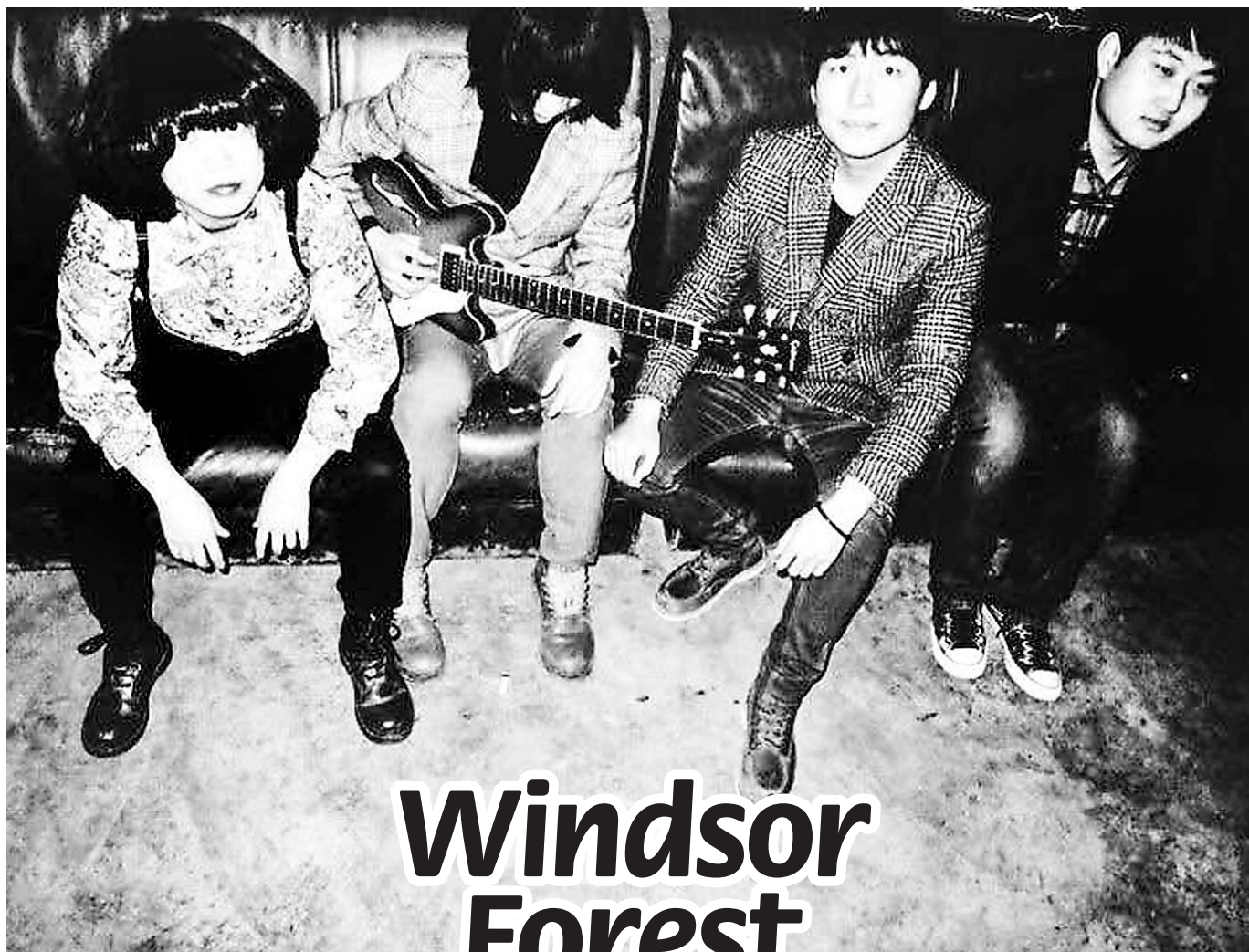


Photo by Windsor Forest

Windsor Forest Cures Listeners

BY DIAO DIAO

Founded in 2014 and named for the band's first song, Windsor Forest is the brainchild of guitarist Yan Zhenhua.

Yan, 26, is the online music editor of an Internet company. He is obsessed with Windsor Castle and endless forests, which he sees as standing in for art and freedom.

Windsor Forest uses simple drums, soft guitar to create romantic atmosphere – one that Yan believes has the power to 'cure' listeners. "We play Brit rock and pop, but our music is not as noisy as what you usually hear in the indie scene. Audiences always feel warm when listening to our songs," he says.

Yan attributes his love for warm music to his good grades when he was a student, and says music reveals the heart of its composer. By the age of 15, Yan was taking a scientific approach to learning the guitar when he wasn't studying for class.

After forming his first band in college, Yan decided to continue his music career. He came to Beijing to

seek his dream without hesitation.

But scraping out a living in the capital is rarely easy.

"I have to work to support myself, because my music lives on me," Yan says.

Baobao, the drummer and Windsor Forest's only female, might be Yan's opposite. She learned a love of rhythm from her father, who also played the drums.

"I grew up in a troupe and felt like I was born with music. I started to listen to rock in middle school. Back to that time, an album was a precious thing and I could listen to the same songs thousands of times," Baobao says.

"I'll never forget how excited I was when I saw a brand new drum set in my home one day after school. From that time, I studied drums with my dad every day," Baobao says. "The first song I learned to play was 'Wudizirong,' one of his favorites."

In addition to her father's influence, Baobao cites many of the musicians she met over the years and learned from. "It's important for every

musician to be curious and creative – to absorb new ideas. No one forgets the first time they touch an instrument," she says.

Baobao recently quit her job to focus on the band – she's one of Beijing's few lucky musicians whose parents don't expect her to strike it rich in the capital.

Like many of the city's indie artists, Yan and Baobao lament the state of the Chinese music scene and its lack of the fan communities seen abroad. The quality of a group's music alone is rarely an important standard for deciding who lives and dies in the local indie scene.

In addition to Yan and Baobao, the band currently features Dawei on guitar and Kaizi on bass. The band has officially released three singles, one album and one EP, winning them an invitation to most of 2015's top music festivals.

The next step is the Yangtze River Music Festival and a national tour, as well as more songwriting, Yan says. ■

site.douban.com/wenshasenlin/

LIVE SHOW ROUNDUP

Beijing boasts one of the world's most vibrant indie music scenes. Support our local artists with a trip to one of this week's live performances!

Sondia and Gentlemen @ Jianghu Bar

Sondia (Zhang Ying) is a Chinese jazz singer and composer as well as a professor at Communication University of China. Sondia is known as the Goddess of Jazz in China. She graduated from Central Conservatory of Music with a degree in composing. Sondia sings popular and classical music, jazz and Latin style. Her deep and stable voice is beautiful.

April 9, 9-11:30 pm

7 Dongmianhua Hutong, Dongcheng

50 yuan (pre sale), 60 yuan (at door)

Mr. Miss @ Snail Home

Mr. Miss is a jazz band formed by Liu Lian and Du Kai in 2009, when the two were studying at Peking University. Liu majored in archeology and is the vocalist of the band. Du studied history and now plays guitar. The two have been on many singing competitions.

April 8, 8:30-10:30 pm

73 Daxing Hutong, Dongcheng

40 yuan (pre sale), 50 yuan (at door)

Huang Jing @ DDC Club

Huang Jing is a female Chinese singer. Huang released her first EP *Waiting for Me at Seaside*, and won the Best New Rock Singer of the Year in 2015. In the same year, Huang Jing also finished her first national tour with the album to more than 20 cities in China. Now she has founded her own band and is touring bars in various cities.

April 10, 8:30-10:30 pm

14 Shanlao Hutong, Dongcheng

50 yuan (pre sale), 60 yuan (at door)



Rosewood Bullet @ 69 Cafe

Rosewood Bullet was founded by Li Bo, the former vocalist of Jacky Danny, in 2014. Li Bo left Jacky Danny because he wanted more than copying classic scenes of the West. Li Bo's Rosewood Bullet plays blues and hard rock. Now the band has three original songs and Li is writing more.

April 8, 9-11 pm

109 Nanluogu Xiang, Dongcheng

50 yuan (pre sale), 60 yuan (at door)



ARTISTS



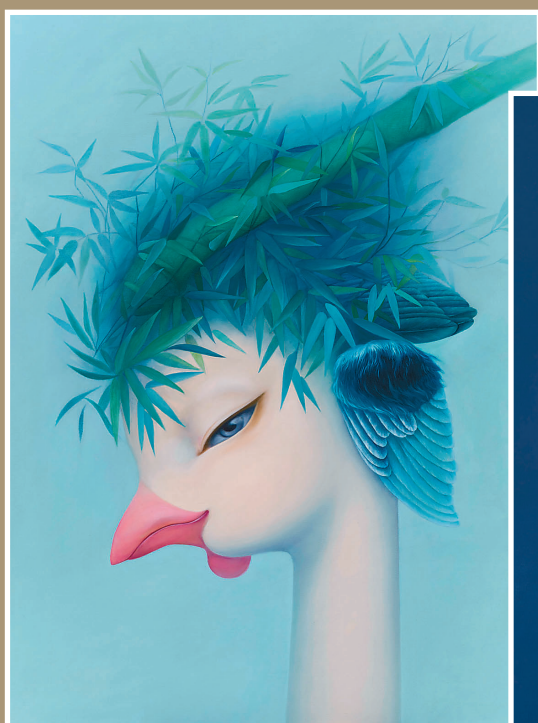
Being a tree



Utopia

Soaring Phoenix from Ancient China

BY KARENA HU



Phoenix Series-1



Phoenix Series-3



Sun Ke



Phoenix Series-4

Chinese artists take much of their inspiration from folklore and myth, and Sun Ke is no exception. The subject of most of her paintings is the phoenix, the king of birds in Chinese culture. Sun's love for the majestic phoenix has its origins in the *Zhuangzi*, a classic of Taoist thought.

"The phoenix is a bird of the utmost grace. The *Zhuangzi* describes it as an extremely picky creature only resting at the phoenix tree having sweet springs and fine grains for food. The bird is a romantic talisman of our ancient history," Sun said.

Eager to resolve the question of why every Chinese seems to know the phoenix even though the bird is seen by none, Sun began look for answers within herself. From the results of her work, the phoenix appears to be the Chinese heart itself.

By mixing other Chinese elements with conventional phoenix figures, Sun paints the bird in different themes. In her work, *Phoenix Series-4*, a phoenix is seen lowering its head on a background of plum blossoms. Its headwear is inspired by Peking opera, a typical image of beauty in Chinese conception. In *Phoenix Series-2*, the feathery phoenix fades away into a traditional background of clouds and mountains.

"I want the phoenix that leaves my paintbrush to be assimilated into the viewer's mind. If I find the right touching elements, I consider including them in my next work," she says.

Her work is crafted to draw a specific response from the viewer – to arouse something sleeping deep within their minds and remind them of the importance of traditional culture.

"I couldn't love China's traditional art any more. It's not like Western art, emphasizing beauty or appearance. Chinese art values inner beauty, a comely, poetic image. That's why I paint so many works in a traditional style. I see historic styles as an extension of the wisdom of ancient China," Sun says.

The birds take a lot of work, and Sun says she is unwilling and unable to pick a favorite.

Besides her phoenix series, Sun has also worked with environmental themes, such as a *Smog Series* inspired by China's thick air pollution. The series has three paintings of a similar scene depicting piles of gas masks on the ground. Sun called the series "an elegant morbidity."

"It seems hazy and beautiful at first glance with the masks in the white smoke, but when you look again it takes on a morbid tone. The gas masks are akin to human faces, which represent our fear and hope to survive," Sun says.

Influenced greatly by the thought of Wang Yangming, Ming Dynasty philosopher who wrote that the world around us depends on how we perceive it, Sun prizes the inner experience brought by her creations.

"The wisdom of Chinese traditional art has deep meanings for all of us. It's something we can never leave behind, because it's an artistic process that puts learning to be a human first," Sun said. ■

(Karen Hu is an intern at Beijing Today.)

Museums in Beijing

BY WANG YAN

Beijing is known as an ancient city and is famous for its cultural elements. The capital may not have breathtaking architecture, but it has quite a few museums that are worth visiting. In this issue, We introduce several of the city's best.



Photo by travelblogvoc

The Forbidden City:

The Forbidden City is probably the most famous museum in China. As the largest ancient building and home of 24 emperors, the city has more than 70 palaces and 9,000 rooms.

Established in 1406, the Forbidden City was built according to the blueprint of the palace in Nanjing. Completed in 1420, it covered some 720,000 square meters. A visit usually requires several hours. The automatic digital guides available at the front gate are well worth the price.



Photo by arton.com

National Art Museum

Built in 1958, the National Art Museum of China exhibits art by contemporary Chinese artists. It generally has more than 100,000 works on exhibition at any given time. Most are created after 1949, but the museum includes a few pieces from the Qing and Ming dynasties. It's worth noting the museum has more than 400 works by Qi Baishi, one of China's most famous painters. The museum also hosts a variety of exhibitions on a regular basis.



Photo by nipic.com

National Museum of China

Located on the east of Tian'anmen Square, the National Museum of China is one of the largest museums in the world. A reconstruction and expansion that ended in late 2013 boosted its size to some 200,000 square meters. Within its halls are one million pieces organized into 48 exhibition halls. There is no café in the museum, and visitors are advised to bring their own snacks.



Photo by ctrip

Confucius Temple

As the education departments of ancient China, the two are a great place to learn about the imperial college systems of the Ming and Qing dynasties. The two are also famous for their calligraphy exhibitions. If you're interested in Chinese calligraphy, don't miss out.



Photo by bjzftxvac

Capital Museum

Opened in 1981, this museum is located by Fuxingmen. Its collection was previously housed in Beijing's Confucius Temple before being relocated to its new location in 2006. The museum mainly exhibits its historical relics and archeological findings from in and around Beijing. It offers the finest collection of pieces that illustrate Beijing's local history and culture.



Photo by lashou.com

Museum of Paleontology

Located by the Beijing Zoo, this museum specializes in dinosaur fossils. It exhibits a full Tyrannosaurus Rex and a Mamenchisaurus, one of the largest dinosaurs found in Sichuan Province. In addition to the dinosaurs, its fossils include many prehistoric fish, birds and mammoths.



Photo by nipic.com

Lama Temple

The Lama temple is not just for devoted Buddhists it also has two large rooms that exhibit icons, old Buddhist texts and Thangka. Its collection also includes a wax statue of Emperor Qianlong and several of his imperial robes.



Photo by qianlong.com

Laoshe Old Residence

Laoshe is one of the best known novelists and dramatists in modern China. He was one of the most significant figures of 20th century Chinese literature and is famed for his novel *Rickshaw Boy* and play *Teahouse*.

As a Manchu, his works are known for their special mastery of Beijing dialect. If you are interested in Chinese literature, then visiting Laoshe's old residence might give you a glimpse into how writers lived in China's recent past.



ENTERTAINMENT



Chinese Opera Goes 3D for Big Screen

BY DIAO DIAO

With *Batman vs Superman*, *The Revenant* and other popular films occupying cinemas around the city, a 3D remake of the classic Chinese opera *The White-Haired Girl* sneaked past viewers on March 25.

Most Chinese children are familiar with the story of Yang Bialao, Huang Shiren and Xi'er. Some children can even sing a part of the song related to the three, but few know the whole story.

The White-Haired Girl is set in a small village in the north before the liberation of China. Yang is a poor peasant who loses his wife and has a daughter named Xi'er. Yang and Xi'er depend on each other, and Auntie Wang and her son Wang Dachun often help Yang and Xi'er. Dachun and Xi'er gradually fell in love, and the families are engaged.

The tyrannical landlord Huang Shiren admires the young and beautiful Xi'er and frames Yang, forcing him to pay for his debt. On Chinese New Year's Eve, Yang signs a contract with Huang to sell Xi'er. Wracked by guilt, he commits suicide at home.

On the first day of the Chinese New Year, Xi'er is tortured and taken to Huang's home. Huang also steals Wang Dachun's land and kicked him and his auntie out of the village. Dachun joins the Red Army and becomes a soldier after leaving the village.

Without Wang Dachun and Yang Bialao, Huang repeatedly rapes Xi'er.

Xi'er ends up pregnant and escapes from Huang with the help of a maidservant. She gives birth to the baby on the way but the child dies. Xi'er lives alone on the mountain in misery and her hair turns white overnight.

Xi'er often goes to a nearby temple in search of food, where she is mistaken as a "white-haired witch" by superstitious villagers.

When the Anti-Japanese War begins, Dachun returns to the village to work. Huang spreads rumors about the white-haired witch and Dachun decides to investigate.

Dachun meets Xi'er in the cave and takes her back to the village. Huang is punished for what he did to Xi'er and she returns home. Eventually, her hair becomes black again and she lives happily with Dachun.

The story of white-haired girl has been made into ballet opera, book, TV series, Chinese opera, play and black-and-white film.

The new film was made with 3D effect and surreal colors. The production team invited famous national opera singer Lei Jia to play the white-haired girl. Reviewers said that though there were not many people in the cinema, the old story in the new style is worth revisiting. ■

Remembering Hong Kong Since 1977

BY DIAO DIAO

Most mainlanders know Hong Kong as busy and shiny. It's the birthplace of many of the most famous literary works and a city rich with celebrities and entertainment. For shoppers, it's the nearest land of food and luxuries.

To Xu Tiancheng, Hong Kong is an often forgotten city of freedom and depression.

Xu was born in Hong Kong in 1977 and practices law both there and on the mainland. He graduated from the University of Hong Kong with a degree in Economics and worked in the US. Later Xu went to the UK to study law. After years' of working, studying and traveling abroad, Xu opted to settle

in Beijing.

As a *beipiao* lawyer and a "weak Hong Konger" – as he calls himself – Xu happened to read Liao Xinzhong's *Taiwan Memory*. Liao was also born in 1977, and his book was about his life and memories in his hometown.

Xu thought about recording his memory of his home, Hong Kong, from the perspective of a local Hong Konger, to show its real face.

And so, *Hong Kong Memory Since 1977* began.

As two special regions, Hong Kong and Taiwan are quite different from the Chinese mainland. In Xu's book, he sums up the development of Hong Kong in the past 30 years as

an ordinary Hong Konger and introduces the difference between Hong Kong identity and Taiwan identity.

Xu also introduces many life experience that he had when living in Hong Kong, such as the important role of tea in Hong Kong life, the requirement to have an English name in primary school, popular Hong Kong TV culture of the 1990s and political and social issues of the era.

Readers said Xu tried hard to create a bridge between the mainland and Hong Kong people in order to be polite. The book presents everything about Hong Kong in a clear and understandable way. ■



Photos by douban.com

Beijing Today's reporters cannot accept bribes in exchange for coverage. To report offenders, call +86 (010) 6590 2515 or email hr@beijingtoday.com.cn.

媒体监督热线: +86 (010) 6590 2515. hr@beijingtoday.com.cn

Q CLASSIFIEDS

ART



Exotic Stranger

Curator Bao Dong brings together an eclectic group of exotic and surreal works by 15 artists born in the 1970s. Exhibited artists include Yang Maoyuan, He Xiangyu, Chen Xiaoyun, Gong Jian and Shi Qing.

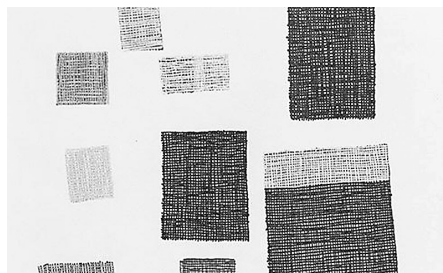
⌚ 11 am - 7 pm, through April 30
 📍 Galerie Paris-Beijing, 4 Jiuxianqiao Lu, Chaoyang
 💎 Free
 ☎ (010) 5982 9262



Vhhhjjzzzh

Swiss curator Jeanne Graff brings her site-nonspecific 186f Kepler project back to Beijing, following a brief visit as part of the 2015 Independent Art Spaces festival. For Vhhhjjzzzh, Graff invites American performance artist Juliana Huxtable, Swiss-Tibetan musician Lhaga Koondhor, and feminist artist Mai-Thu Perret to create a series of installations, photographs, and performances at I: Project Space touching on social themes such as race, gender and sexual identity. The exhibit also includes a DJ event featuring Juliana Huxtable and Koondhor on March 10 at Dada, as well as a standalone performance by Huxtable on March 16 at Galerie Urs Meile.

⌚ 10 am - 6 pm, April 8
 📍 10 Banqiao Hutong, Beixinqiao, Dongcheng
 💎 Free
 ☎ 18513629273



Liu Peng

Beijing-based artist Alessandro Rolandi guest curates Jiali's March exhibit, a solo show for painter Liu Deng. Dense swathes of ink use the natural warp and weft of rice paper to create naturalistic yet opaque and absorbing textures.

"We can like them or not, project

meaning onto them or not, or criticize them, but they will remain mute and present. No attempt to seduce us or to manipulate our perception, just their presence," Rolandi writes.

⌚ 2-7 pm, through April 9
 📍 4 Beijixiang Hutong, Jiaodaokou Nan Dajie, Dongcheng
 💎 Free
 ☎ (010) 8402 5613

DRINK

MODERNISTA'S
 12.00 AM TO 2.00 AM
 HAPPY HOUR



Midnight Happy Hour

If you're the kind of person on whom alcohol has a dulling effect in small doses, hold out for midnight at Modernista, when you can procure large doses on the cheap. From midnight to 2 am, cocktail shots are 10 yuan a pop, making it dangerously easy for you to buy round after round.

⌚ noon - 2 am, April 30
 📍 Modernista European Style Cafe, Restaurant & Bar, 44 Baochao Hutong, Dongcheng
 ☎ 13691425744
 ✉ modernistabj@yahoo.com

EVENT

Kids Night Safari at the Ritz-Carlton

The Night Safari encourages the outdoor spirit by allowing children to set pitch a camping tent inside their room. The tent comes stocked with all the tools they need for a fun camping experience, including an LED flashlight, compass, cute lion toy and a special backpack with safari-style pajamas.

There will also be a pool bag that includes a rubber ducky for bath time. The Ritz-Carlton is planning a fun scavenger hunt so children can get their own Explorer Certificate. The 2,888 yuan activity fee includes deluxe accommodations for one night, breakfast and access to the Ritz-Kids hotel activity program.

⌚ Through June 30
 📍 The Ritz-Carlton, 1 Jinchengfang Nan Jie, Xicheng
 💎 2,888 yuan
 ☎ (010) 5908 8888; (010) 6629 6661



Longqingxia Ice Festival and Tang Dynasty Caves

Join an easy stroll that begins in Yanqing County and descends into an ancient interconnected series of cave dwellings. This trip is suitable for children, but not any who still need strollers. It's very easy, and the sight of the cave dwellings is sure to spark the imagination.

After visiting the caves, travelers will have an early dinner in the country before heading for the Longqingxia Ice Festival and its collection of amazing ice sculptures and lanterns.

Make your booking through beijinghikers.com and check your mail for contact details, guides and meeting location for this trip. Reservations are essential, and making a booking is quick and easy.

⌚ Through May 22
 📍 Room 4102, 4F, Building A, Galaxy Building, 10 Jiuxianqiao Zhong Lu, Chaoyang
 💎 500 yuan (450 yuan for members, 250 yuan for children)
 ☎ (010) 6432 2786
 ✉ reservations@beijinghikers.com



Cookie Monster's Call for Beijing Bakers

If you've got a prized cookie recipe and want to show it off in support of a great cause, email kristen@lumdimsum.com with your recipe and a photo to enter the 2016 Cookie Monster Charity Bake-Off.

The concept is simple. The Hutong will be hosting a Charity Bake Off to feed Beijing's most indulgent cookie monsters and showcase the city's best bakers!

The Hutong will screen each cookie contestant to ensure cookie monsters get to munch their way through a diverse range of cookies. As space is limited, The Hutong will pick only the top 20 cookie recipes to compete in its Cookie Monster Bake-Off.

If selected, each cookie contestant must provide enough small cookie samples to go around and will be allowed to sell their own cookies in bags of five for 20 yuan, of which 5 yuan will go to charity.

For cookie monsters who just want to check out who made the Top 20, the entrance price is 150 yuan. Admission includes sample bites of all 20 cookies and a cup of warm milk.

⌚ 2-5 pm, through May 6
 📍 1 Jiudaowan Zhong Xiang, Dongcheng
 💎 150 yuan (100 yuan for members)
 ☎ 18610046093
 ✉ kristen@lumdimsum.com

SPORT



Sports Beijing Basketball

It's no secret that basketball is the favorite sport of one Lil Bow Wow. Find out if you could be similarly enticed by the way they dribble up and down the court at Sports Beijing's weekly basketball practice. If you're already convinced you're a fan of the pick-and-roll and the give-and-go, sign up for the basketball development program to start slam-dunking in no time.

Sports Beijing Basketball Club offers an opportunity to play basketball during weekday and weekend programs.

Weekday practices focus on skills and tactics, while weekend scrimmages introduce full-court games.

The development program is for serious players seeking a higher level of play. The teams train both midweek and on weekends, with matches arranged against local schools and clubs. Players will be selected for the squad at pre-season trials.

For children 6 to 16 years old, Sports Beijing offers recreational programs providing weekday basketball training and organized game training on weekends. During weekday training sessions, coaches use fun drills to teach and reinforce players' coordination, endurance, speed, strength, accuracy, balance, agility and flexibility. Weekday sessions also provide a general introduction to basic basketball skills such as dribbling, passing, shooting, defense and footwork. On Sundays, practice combines a review and reinforcement of the fundamentals and 5-on-5 games under a Home League scope.

Development teams take the sport to another level. Game and tournament play is a priority with opportunities for play both inside and outside Beijing. The main goal is to continue with the development of the players in a more competitive environment, along with offering more practice time.

⌚ 6 am - 7:30 pm, April 1 to June 5
 📍 International School of Beijing (ISB), 10 Anhua Jie, Shunyi
 ☎ (010) 6430 1370; (010) 6430 1176
 ✉ info@sportsbj.com

FOODS



Traditional Snacks for Tomb Sweeping Day

BY WANG YAN

Tomb Sweeping Day, also known as the Qingming Festival, is an important holiday in Chinese culture.

Historical records show it has been observed for more than 2,500 years. The day began as a marker of rising temperature and the start of the farming season. But during the Jin Dynasty, Qingming became a day for remembering the dead.

According to legend, the festival was established by Duke Wen of Jin who spent years in exile before coming to power. His court official Jie Zitui followed him loyally into exile. One day, when the duke fainted from starvation, Jie Zitui amputated part of his leg to feed the duke.

When the duke returned to power he decided to reward all the officials who had served him loyally. Jie was forgotten, and by the time the duke remembered, Jie had perished. Because Jie died near the Qingming Festival, the duke decided the festival would commemorate his death.

This issue of *Beijing Today* introduces some traditional foods for the Qingming holiday.

Qing Tuanzi

These green, roundish steamed buns are usually eaten in southern China. Their skin is made from a mixture of glutinous rice flour and jiangmaicao. The bun is filled with sweetened bean paste and some cooks add a bit of lard to give it some extra flavor.

Ai Ban

Ai ban is mostly consumed in Hakka families. An old Hakka proverb says, "Having ai ban around Qingming will keep you healthy the whole year." The snack is made by mashing aicao into a paste and mixing it with glutinous rice flour and water. Each ai ban is filled with sesame, peanuts and other nuts depending on personal taste.

Nuangubao

Nuangubao is a traditional snack in Taining, Fujian province. Nuangubao are made of nuangucao, a common vegetable in Fujian villages. Traditionally, the bun is also used when praying for good weather in the coming year.

Sanzi

Sanzi is eaten in both southern and northern China. However, northern sanzi is made of flour and southern sanzi is made of rice flour. And in northwest China's Xinjiang, sanzi is mostly eaten on Muslim holidays rather than Qingming.

Egg

Like ai ban, some people believe that eating eggs around Qingming will help people stay healthy throughout the year. Traditionally, people not only eat eggs but also play with them. Some regions color their eggs or carve them into different shapes.

Zi Tuimo

Also known as lao momo, zi tuimo usually look like an ancient helmet. Each weighs between 250-500 grams and comes stuffed with egg and dry dates. The snacks come in different shapes, with some resembling snakes and others rabbits or swallows. It's said that young girls should eat zhuazan mo, married woman should eat suozi mo and children should eat the ones that look like animals. ■

Enjoy at Meizhou Dongpo

BY WANG YAN

Meizhou Dongpo could be one of the most popular chain restaurants in Beijing. Opened in 1996, the Beijing-based chain now has more than 20 branches in the capital. As a Sichuan restaurant, Meizhou is famous for its affordable price and its late-night service.

With spacious rooms and modern designs, the restaurant is great for friends and college gatherings. Most customers on Dianping rate it highly and say the sizable portions are well worth the money.

Customers recommend chicken noodles (jisi liangmian), dongporou and Kung Pao chicken. Most Meizhou Dongpo branches serve dinner until 2 am – making the chain especially popular with late-night workers.

The restaurant's owner Wang Gang came to Beijing when he was 16 to study cooking. Wang was enthusiastic about Dongpo Cuisine, created by legendary ancient poet Su Dongpo.

If you have not tried Meizhou's food, it's probably the city's best option for sampling Dongpo Cuisine. ■



Photos by dianping.com

MAKE YOUR OWN WITH THIS RECIPE

Learn to Make Yuxiang Jisi

BY WANG YAN

Yuxiang rousi (fish-flavored pork slices) is one of the most popular dishes in Chinese cuisine. The original dish is cooked with pork slices, but you can replace the pork with beef or chicken. The steps are basically the same when making yuxiang jisi.

Ingredients:

- | | |
|-----------------------|----------------------|
| □ 250g chicken breast | □ 15mL egg whites |
| □ 35g wood ear | □ 1 tsp huangjiu |
| □ 35g red chilies | □ 1 tsp cornstarch |
| □ 25g mashed scallion | □ white pepper |
| □ 18g mashed garlic | □ 25g sugar |
| □ 10g mashed ginger | □ 35mL vinegar |
| □ 2g salt | □ 5mL soy sauce |
| | □ 1 tsp oyster sauce |



The Steps:

1. Cut the chicken breast into thin slices.
2. Add the salt, egg whites, huangjiu, cornstarch and white pepper to a bowl. Mix evenly.
3. Cut the red chili into pieces and set aside.
4. Coat the chicken breast in the mixture and marinate for 30 minutes. Reserve the sauce.
5. Heat a wok and add shredded chicken.
6. Stir-fry for 3-5 minutes.
7. Add the red chili to the wok and stir-fry for 2 minutes, then add scallions and garlic.
8. Add the wood ear and stir-fry for another 2 minutes.
9. Add the sauce before serving.

Meizhou Dongpo Restaurant

➤ Building 1, Tuanjiehu Dong Li, Chaoyang
☎ (010) 8598 0158